



**Bright in  
one country**  
Enjoy a tour of  
a foreign city  
before the semester.  
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# SPOKE

A LEARNING NEWSPAPER FOR JOURNALISM STUDENTS



**We're not  
cream puff**  
Students and  
faculty step up for  
pride in research.  
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WEDNESDAY, NOVEMBER 14, 2012

UNIVERSITY OF SPOKANE, SPOKANE, ID

WWW.SPOKESPOKE.COM

SPokane Spoke — Page 1

## It's time to get jabbed

By **BRENNAN BROWN**

Don't get caught without your shot.

With flu season coming up fast, Coeur d'Alene's Health Services department is offering free flu shots to help keep students on school and out of bed.

The clinics have been taking place over the past two weeks at the Whitman, Cambridge and Davenport campuses.

Though the clinics are run by Health Services, it's Coeur d'Alene's nursing students who are wielding the needles. Health trains its from both the practical nursing program and the ADN degree program are giving the shots.

Second-year pre-natal nursing student Shelle Blacklock was excited for the experience. "It's kind of nice to give them a real patient, the first time," she says. "It's not a lot of people, it might not be all that comforting to know that they are being 'poked' so, but these nursing clinics on Nov. 4 had very few complaints."

In fact, even those who were nervous about getting jabbed found that the nursing stu-

dents had steady hands and a soft touch. Some didn't even feel a thing — really.

Teresa Magallon is a health promotion major who works for Health Services and has been running the flu shots on Davenport campus. Magallon thinks it's important for students to get the vaccine.

"It can take you out for a week or more if you get the real flu and, as a student, being out for a week would be almost devastating," she said. "So to have a sore arm, maybe, for a day or so, is nothing in comparison to getting the shot."

Magallon is glad that students have the clinics available to them on campus.

"It's more accessible and the likelihood of getting the shot is much higher," she said. "How many more get those and go back to work?"

Deanna Moore did just that. The fourth-year mechanical systems engineering student said, "I'm getting the shot so that, hopefully, I'll stay well during exam time, that kind of stuff, and keep my edge."

Magallon has been running the flu clinics for a few years now and says there are con-



Celia Barstad is a first-year marketing student, was apprehensive about getting the shot but the staff at Health Services did a fantastic job at being kind, easy, and gentle on Nov. 20.

stantly about 800 to 1,000 students who get the shot. With the additional clinic at the Cambridge campus this year, she is hoping for an even better turnout.

For those who want their

shot, but haven't been able to make it yet, it's not too late.

There will be clinics at Davenport today from noon until 4 p.m., and on Nov. 22 from 10:30 a.m. to 1:30 p.m., both in Room 1034.

For those who want their

There will also be a clinic at the Cambridge campus on Nov. 20 from 12 a.m. to 1:30 p.m., in Room A2131, and one on the Davenport campus on Nov. 20, from 12 a.m. to 1:30 p.m., in Room C-4.



PHOTO BY JAMES WYLLAN

Confident, sexy and cool. There are the words to describe Coeur d'Alene's Brent Oatis. Oatis is mostly unbothered, given for November.

## Mo money, mo awareness

By **JAMES WYLLAN**

November is in full swing at Coeur d'Alene with some CSI stuff getting into the act. They have placed posters all over the campus showing all sorts of creative images to encourage students to grow them.

For those who don't know what November is, it's a month-long campaign for men to grow mustaches in order to spread awareness and raise money for prostate cancer. The "No Bros" had to shave off all facial hair on Oct. 31 and were told to allow their mustaches until December.

Courtesy is currently supported by 13 individuals on the official November website who put off to a growth start, raising \$100 in one week. CSI is also doing a weekly mustache program contest where they select the best mustache each

week and award some "No Bros."

"You don't have to join the website in order to take part, just having a mustache for this month is enough to raise awareness about it without most men don't like to talk about."

Everyone looks like

**the Village People.**

— Brent Oatis,

an electrical apprenticeship student.

It's trying to raise money for

prostate cancer," said Brent Oatis, an electrical apprenticeship student, who's already got his mustache

on full time, adding that "every-one looks like the Village People."

When McGee, a fellow electrical apprenticeship student and November member, added that those who are attempting to grow mustaches are trying to bring back the 70s.

In 2012 alone, \$25 in money was raised by nearly 119,000 Canadians.

For more information about November or if you want to donate go to [canadaprostate.com](http://canadaprostate.com) and search Coeur d'Alene College to give to your fellow classmates. A donation of \$10 will get you a free November shirt.

"Of course, one big concern for the men who take part in November is the fact that every member of the opposite sex looks unattractive. However, Oatis is OK because he has used a little bit of his mustache, but a girlfriend doesn't seem to mind it."

## Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could be any Pokemon, which would you be and why?



"Poliwhirl because he's pretty freaking awesome."

**Wesley Smith,**  
first-year  
elementary and early  
adolescence - technology

"Machop because he's got really powerful physical powers and he's a badass."

**Brigette Parker,**  
first-year  
elementary - technology  
journalism/communications



"Geodude because I'm rock solid."

**Rob Campbell,**  
first-year  
elementary - technology

"Bulbasaur just because it's my favorite and it has a rocked tail attitude."

**Nicole Pardo,**  
second-year  
elementary  
technology



"Machop is I can control everything, be the model."

**Kyle Parkway,**  
first-year  
elementary - technology

"Charmander because it's been my nickname for all of high school."

**Charlotte Harris,**  
second-year  
technology  
technology



Smile Conestoga: you could be our next headmaster!

# Here's how to save some extra cash

By SARAH PEAR

Late November not only brings the first frost, but also the first winter break.

The month before winter break can be difficult for Conestoga students. Long hours spent studying for exams and the extra time needed for big projects can take up a lot of your school year. Now in the time students receive a distribution note, even if it's just for one night. But wait, there's things you can do.

All students have experienced the stress of having to pay bills, school life expenses and tuition, so with us trying to find money for Christmas presents.

"Anxiety that time of the semester there are more opportunities to do things outside of school that cost money," said first-year police science student Jean Bailey.

Byron Perry, a first-year technology management student, also feels the pressure.

"I feel slightly stressed around holidays just to make sure I have shopping done before exams because then I can focus my money toward getting school done more than getting gifts," he said.

However, there are many ways to save to make it easier to have some extra cash before breaking home the third week of December.

**Entertainment** — Many live events on the Richmond Waterfront area offer great deals on tickets days. Rapture Theatre is currently offering a temporary and college students receive all you have to do is show your valid student ID, and you get your movie admission, regular popcorn and regular drinks for only \$5 for all you want less than the regular cost. If you plan on going with a friend who isn't a student, they offer regular priced admission for only

\$10.00 on Thursdays.

Clutter and excess partying might be another way to save for money outside.

To save money for Christmas gifts for the family, what we could do is get down a little on drinking and partying out. Bailey said, which is easier than it sounds with all the time spent this time of year.

If this doesn't fit your model, maybe there are other options.

Many have and might have also along drink no specific night such as Thursdays and Saturdays where you can get cheap a beverage for almost half the normal price or some discounted appetizers when ordering after a certain time. To find out where you can save money specifically, call your favourite party site and ask them what types of deals they offer.

**Banking** — Saving money through spending and some things people often forget about, too simply by changing the way you bank, you could start saving without even knowing it.

TD Canada Trust offers a "Money Smart" account, that provides a set amount of money from your chequing account to a savings account when you use your TD

Canada Trust Access Card. You can choose automatic saving from \$50 up to \$500.

Whether buying groceries or paying a bill saving becomes easy, without even thinking about it.

**Transportation** — Driving isn't always the most fun, especially when you're forced to pay excessive gas and parking. However, there are great options to help keep a little more money in your wallet.

Go commuting with class mates in your own car to save some, or with a car pool schedule can save time of money on gas for everyone involved.

Grand River Transit is also a great way to avoid some costs and often a way to get in an extra bit of studying before class. For the cost of a cup of coffee (\$2.50 to be exact) students can hop on the bus to get to campus.

While it may not fit your schedule every day, doing it once in a while can save money that is normally spent on parking and cost of living in the KVM area.

With these little tricks and tweaks to your schedule, students can save big savings and just before the holidays, but also throughout the whole year.

**108.8 FM**  
**NEW ROCK**

**THE TRI-CITIES NEW  
ROCK ALTERNATIVE**

### Distribution



# Academic upgrading changing her life

By SARAH MEYER

It is that time of year again. Future college students are attending college fairs and filling out college application forms.

Generally, every student means the same. Each one is giddy with the anticipation of starting out of home and dad's, attending the college they love, pursuing and hopefully meeting someone special.

The future seems bright and full of opportunities.

However, every student travels a unique path leading to the start of their college career.

For many, the journey starts before they walk through the doors of Conestoga College as a registered full- or part-time student.

Conestoga College's Stratford campus offers students who leave out of high school, are older than 18 and have been out of school for a minimum of one year an academic bridge, or bridge program.

Literacy and basic skills (LBS) programs, which include the GED certificate and academic upgrading, were first funded by the Ontario government and are free to those attending, said Mary Anne Sullivan, preparatory programs co-ordinator at Conestoga's Stratford campus.

"A lot of people stay away or don't come because they don't understand it. You don't have to pay, it's free," Sullivan said. For many, the opportunity



PHOTO BY SARAH MEYER

Lindsay Peakes, 22, studies at Conestoga College's Stratford campus. Peakes earned her general education development certificate and is now waiting to complete academic upgrading courses in preparation for a general health program at the college's Owen Sound campus starting in January.

to earn a General Education Development (GED) certificate, which is equivalent to a high school diploma, and complete academic upgrading at college preparation in the fall at the start of the program. Many students have been out of the classroom environment for a long time and feel apprehensive at the beginning, she said.

"There's a bit of trepidation at first because of what they're taking on."

"They have to get their GED to get a job and there are many hurdles on what learn-

as most overcome."

The majority of students completing their GED certificate are under 25, 25 and 34, according to the 2009-2010 literacy survey plan. The program is funded by Employment Ontario.

Sullivan said while some struggle to balance their academic studies, family life and other responsibilities, the works to help students reach their goal.

The teachers work closely with each student to develop a plan that meets their individual needs, she said.

"We help them stick to it and maximize it."

The adult learning environment is much different than what many prospective students might envision, and it's possible that students on academic upgrading at Conestoga's Stratford campus. Some students become quite motivated and plan and deliver personal schedules the classroom over very early days, she said. Teachers do not lecture from a wheelchair, instead students work and learn independently, she added.

Peakes earned her GED certificate at the college's Stratford campus after leaving high school around age 16.

Using drugs and smoking are problems in her life, she said. She has been in and out of jail, but she is now clean and sober.

"If I hadn't started coming here I would probably still be using drugs every day, not working up for important things... I probably would still be in jail now," she said.

With her GED certificate in her academic belt, Peakes looks to her future.

"I would love to have a job where I have going to work every day and with school I'm working towards my goal."

Accepted to Conestoga's general health option, beginning in January 2012, Peakes is completing academic upgrading in Stratford as her program, her future college courses, she said.

"It's a gateway program to help me get my foot in the door."

With Conestoga's nursing program in her sights, she said she will be the first of her family to attend college. "I'd love to be a nurse and work with kids."

Conestoga's Stratford campus offers continuing credits for the GED and academic upgrading programs.

For more information visit [www.conestoga.on.ca/bridge](http://www.conestoga.on.ca/bridge) or call 519-871-0704, ext. 1757.

## Conestoga professor recipient of financial planning honour

By SARAH MEYER

Have you ever felt the need to buy that suit or blazer off a person's back? Instead of spending all of your cash, maybe 10 times to reach the podium of a financial planer.

After all, Conestoga is known to many past guests, financial planners—and they are learning from the best.

Dave Koller, a financial planning professor at Conestoga, is the recipient of the 2011 Fellow of FPAC distinction which is awarded by the Financial Planning Standards Council.

Introduced in August, the Fellow of FPAC distinction was awarded to 10 individuals across Canada.

According to the FPAC website, "The Fellow distinction is awarded to individuals who have helped advance FPAC's vision of secure

prosperity improves their lives by engaging in financial planning."

According to Gary Lee, president and CEO of the FPAC, "The long-standing and sustained contributions of the people in the first-ever group of Fellow of FPAC recipients are exceptional."

"These contributions have made an important impact on helping to build this profession and advance financial planning."

In order to receive the Fellow of FPAC distinction, candidates must be nominated by two individuals, as well as meet the FPAC's criteria.

Koller, who has been collaborating with the FPAC since their formation years in the mid '90s, was initially nominated by an associate of the FPAC.

His second reference would come from a friend and fellow financial planner.

"Considering that there are

10,000 CFP professionals in Canada, I was absolutely thrilled and delighted to receive the honour," Koller said.

From Conestoga, Koller worked in the Stratford corporate industry for 10 years while also holding part-time at Wilfrid Laurier University.

Having always wanted to teach full-time, Koller remained optimistic that the opportunity would arise. Finally, two years ago Koller was hired as a full-time professor at Conestoga.

"I really enjoy the unique place of post-secondary education. I love the students and I enjoy interacting with them. I derive a lot of pleasure from working and helping others," Koller said.

"To know that I have made a contribution to my industry, as well as to my clients and students that I have worked with over the years, is a great honour for me."



PHOTO BY SARAH MEYER

Professor Dave Koller, recipient of the Fellow of FPAC distinction, studies with Darin Adams prior to an event on Nov. 4.



# Christmas Wish Tree

CONESTOGA  
STUDENTS INC.

**Financial strain adding  
to the stress of fulfilling  
your child's Christmas  
wish this year?**

**Why not sign up for a little extra  
help to alleviate that stress?**

Drop by the CSI Office (Room 2A106)  
and fill out a Wish Tree request.

It's easy, it's anonymous and it's  
there to give you hope for a  
brighter Christmas.

Space is limited, sign up early  
November 1 - November 30

# Creamed for a good cause

By DENISE EVANS

Throwing a pie in someone's face while helping cancer research is a win-win situation.

That was the aim for a group of students from an events planning and marketing class who held a fundraiser for the prostate cancer research on Nov. 1.

The event was held at the Sanctuary with food, party games, dancing and speeches from management, business from entrepreneurs visiting around eye marketing students Eye Allen and Denise Evans.

The fundraiser raised about \$400 and was held in conjunction with Movember.

Students could throw a pie at Allen or Evans for \$10. For \$15, pies could be thrown at marketing coordinator Steve Paddy or teacher Denise Jaggard. Tickets could also be purchased for a raffle consisting of gift cards to The Hutsons, Sparrows and Future Shop.

"Combining whipped cream and faces is a wonderful combination," Evans said.

The event was entertaining

to watch even if you were not throwing the pie. The whipped cream flew off their faces and splattered everywhere like paint splashing onto a wall.

Allen and marketing students are not only completing the requirements for their course, they are bringing awareness to groups and charities that need more attention and donations. By making it fun for students to donate, another group takes a reward, they're more prone to participate.

Students were a little shy at first and took a while to warm up and join in the fun. Those who didn't want to throw a pie headed over to the raffle table to try and win a prize, according to Allen.

Instead of asking for a huge sum of money asking for small change makes it possible for even students who don't have lots of extra money to donate.

More fundraising events from the events planning and marketing class, which have not yet been revealed, will be held throughout the month in conjunction with Movember.



Photo by DENISE EVANS

Marketing students held a fundraiser for prostate cancer research on Nov. 1. Above left, Steve Paddy (left) and Denise Evans, assistant marketing students, encourage students to enter a raffle for gift cards.

Left, Eye Allen (left) and Denise Evans (right) are smiling as they throw a pie at marketing coordinator Steve Paddy. Above right, Eye Allen, a prostate cancer marketing student, is hit in the face with one of many pies.



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# U-pass creates controversy

## BY ERIC BERENSON

Controversy surrounds the new Contra Costa Students Inc. (CSI) in proposing to drive down the price of a U-pass.

At a CSI meeting on Oct. 28, a U-pass was discussed which, if approved, would set all Contra Costa students charged \$40 to \$100 a semester to use General Kevin Yamada (GKTY) buses.

In a recent poll, Contra Costa students were asked if they would be in favor of having student ID cards charged rates covered GKTY bus passes. About half of the students asked said they would be in the change. The other half opposed the idea, saying it would be a financial burden to the students, and there would be an inability to opt-out of the there who do not use the transit system.

"It was just passed on to the state who will, well, be to drive a vehicle," said David Holm, a retired press broadcast journalist and student.

Even though only they, a non-student broadcast journalist, already pays \$204 for a five-month bus pass from GKTY, he said he would support the U-pass.

"I'm thinking of the community as a whole and I don't want my income to affect other students who don't use it."

Shelly Berry, a second year broadcast student, said in the past year and a half she has only taken the bus once and states the U-pass would be an unnecessary additional cost.

"It makes sense, but not for me."

In Watsonville, a referendum was held in 2000 at both Wilbur Lancaster University and the University of Watsonville that resulted in both schools adopting a U-pass for their WatCards and OneCards.

Lancaster students pay \$24 a term. For their pass and U of W students pay about \$100 a term.

Chris Casaccia, a first-year broadcast television student at

Contra Costa, said although he drives to school and does not use buses he wouldn't mind paying \$50 to \$100 a term for access to public transit.

"I would have the pass for an emergency, at the very least," he said.

Kyle Sturbing is a second year broadcast television student, driven to school but said "I wouldn't mind having the pass for trips to the bus. Cuts can get really expensive."

Students second year listed cost student who also drives to school and pays for parking, Malcom Smith, said he would be in favor of the U-pass for Contra Costa (KCT) and when he lived in residence a bus pass would have been ideal.

"At least I felt helpless," he said.

For current students the change may not mean any effect until after they graduate. Despite this, third-year business management student at Contra Costa wants the best for future students.



PHOTO BY ERIC BERENSON

Contra Costa students pay \$204 currently for a five-month bus pass. The U-pass discussed at a Contra Costa Students Inc. meeting could raise the price \$50 to \$100 a semester.

"I wish CSI would have done this three years ago," he said.

KCT in implementing a major expansion, with more campus bus lines, based and buses being added every year. This will likely result in an improved

service in and around Contra Costa. However, a potential U-pass program is controversial since the CSI as it will impact prospective students and how they decide to get to school.

# I'm ready for hibernation

Humans are beautiful. The pink, orange and purple colors light up the sky as the sun is lowered the horizon. It's one of the most romantic scenes that you can imagine, however, I would rather sit after dinner and watch the sunset than before.

Because of tonight's theme, the clocks have been set back in November. Some people would argue that you get that extra hour of sleep, but that also means winter is coming which also means it is dark by 5 p.m., colder and each day is gloomier than the last.

The winter season brings us cold and wet clouds. For the long months, we wish you, go to school and come home just in time to watch the rain set.

According to an article in the Huffington Post on healthy living and sleep, seasonal Affective Disorder (SAD) typically starts in late autumn and continues through winter. It includes an increased appetite, increased daytime sleepiness and decreased energy in the afternoon, loss of interest in work, maladjustment and lack of energy.

All of these symptoms are in relation to the time change and the winter sun. If daylight hours don't occur, the car would be no longer than reversing all the symptoms noted above and



Jadyn Black  
Options

possibly causing winter a little more tolerable.

But forget the weather and the lack of sunlight and down out days and embrace your hats, coats, mittens, boots and warm fuzzy socks because those days, you'll forget if you don't prepare your gear but all of these necessities for winter.

**If hibernating was an option, I'm sure it would be strongly considered by a lot of people.**

A day in winter isn't as good as a day of summer and trying to find reasonably priced foods that actually keep your body dry is a huge struggle through the winter is almost like trying to find water in the desert. Unless you want to look like a hibernated and start your skin to turn grey with frost, then you can look forward to har-

ing wet feet for the next four months.

Humans are a smart, and winter hats may keep your head warm, but when you put them on you get so cold and you pull your hat off? Defeat the glory of hat hair. Your hair sticks to your face thanks to static electricity. It sticks up in any odd directions, and no matter how hard you try, it never does what you want it to. You are then required to put your hat back on covering the mess and sweating said you stay back and out from the cold.

Winter is fun, don't get me wrong. Christmas is during winter, and you can make snowmen and snow angels, have snowball fights and roll the trees a largest snowball. But none of this is possible unless you're successful in staying warm which makes snowmaking possible. You can't do anything with wet snow that quickly turns into slush, and you can't do anything with the slush, get pretty, stuff.

Unfortunately, we don't have a choice in which type we get.

Winter is a time season that is almost impossible to get through.

If hibernating was an option, I'm sure it would be strongly considered by a lot of people.

## LEARNING HOW TO PROTECT ONESELF



PHOTO BY JADE BILAL

Instructors Scott McDaniel and Scott McDaniel demonstrate how to handle a punch when you're being attacked at a women's self-defense class in the multi-purpose room at the city center on Nov. 7.



## HOROSCOPE

Week of Nov. 14, 2011



## Aries

March 21 - April 19



## Libra

September 23 - October 23

Monetaries bring a brand new twist during something that will only cause you pain but lift the spirits of another. You'll learn that this week.

Monetaries all it takes is for one person to think you would for you to think you are all the beauty that you could be as before.



## Taurus

April 20 - May 20



## Scorpio

October 23 - November 21

Monetaries live you want like a little fish, be brave and maybe you'll end up on the surface this week.

Confused? Get used to it, nothing will make sense to you this week, only in retrospective will you finally be able to see clearly.



## Gemini

May 21 - June 21



## Sagittarius

November 21 - December 21

If you share two happy moments, you'll never catch either of them, but if you share one, you'll be sure to get it.

For two people to fall in love and in those moments to have child like wonder and happiness, you're going to have to let that person take you in order to be loved.



## Cancer

June 22 - July 22



## Capricorn

December 22 - January 19

Distance may be coming true for you this week, be wary though that this distance won't, in fact, make sense.

Don't look back in spite of things on the past, just keep moving forward this week and something will make you smile like never before.



## Leo

July 23 - August 23



## Aquarius

January 20 - February 19

Keep your youth, there's only so long you can do child like things without people caring, do something child-like this week and you won't regret it.

Looking at your own mistakes will make you live longer, looking at others' mistakes will only decrease your life. Try and understand that this week.



## Virgo

August 23 - September 23



## Pisces

February 20 - March 20

All good things must come to an end, and something will end for you this week. Embrace the change and try to see the positive in starting something new.

It's always darkest before the dawn, this week will test you, but it will only make you stronger in the end and lead you to brighter pictures.

James Watson is the resident astrologist who joined into the show and now it's going back at him, causing the universe to unfold before him.

# Taste the world at Vincenzo's

## by BOB KENNEDY

From Mopas hot sauce to hundreds of cheese varieties, Vincenzo's has it all.

The independent grocery store, at 180 Caroline St. in Waterville, features many an imported item and hard to find items. It is also known for competitive prices and its customer service.

The store first opened in 1987 as Italian Grocery. It was in the home of Vincenzo and Rita Cannopolo. The store is currently owned and operated by Vincenzo's sons, Tony and Carmine, who remained the store Vincenzo's after they took over in 1999.

"We just opened our current location last year," Tony Cannopolo said. The store remained in Vincenzo's home until 1992 when it moved to Belmont in Kitchener. "When the store started, it was mostly just Italian restaurants, hardly a crowd of people to see anyone in the store. There is just pretty much everyone."

The second big step people you are greeted by foreign items on the shelves. The first thing you see is their imported selection, or "hot half" of which is imported. There are Italian products to the left and Asian staples to the right. The store is crowded with racks of food and small nooks, but it's clearly organized and there's still enough room to move around.

Customers are never more than an aisle away from one of Vincenzo's food kind counters. They have pasta, pizza, sausage, meat, and everything you can find at a regular grocery store. They also have an ice cream bar near their frozen food section, which maintains all the regular flavors as well as pizza-pile, banana-chocolate and pistachio pie.

"The most popular items are our prepared foods, especially our sandwiches," Cannopolo said. "We have over 100 kinds of sandwiches. We got even more around the holidays - especially Swiss cheese. We try to get every kind of cheese available. Some are locally made and some are from the other side of the world. We also have 100 kinds of dressings."

For snacks, they have everything from common chips and nuts to more rare you would not think to look for. There are maple coated popcorn, corn autumn popcorn, and even coconut popcorn. They have a wide variety of spreads

including hummus and mustard, plenty of imported pizza and a huge variety of sandwiches - even pizza sandwiches.

There are racks full of popcorn and other forms of rice. There is also a large variety of pasta in every shape, brand and even colour. Some of their pasta is even topped with five colours on each ribbon. There is lots of pasta sauce available as well, much of it imported from Italy.

Customers can also browse a rack full of hot sauce and hot sauce. The hot sauce range from "Poppo's sauce for

hotter" to "Mama Deeds Sauce" and "Fanny's Brain Damage Sauce. Following hot sauce, another aisle called "Mama hot sauce" is clear with hot liquids that flow around when you shake the bottle. Dragon milk and sauce include oak-smoked as well, balsamic blood and green poppers.

Vincenzo's is open 9 a.m. to 8 p.m. on weekdays and 8 a.m. to 6 p.m. on Saturdays, but it's closed on Sundays. To find out more about the store's history or read their prepared food menu, visit [www.vincenzosstore.com](http://www.vincenzosstore.com).

**TRAILER PARK BOYS**  
MUSIC, DRUGS & PROBABLY PROBLEMS

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